

Variable	Mean	Standard Deviation	Minimum	Maximum
Age	35.2	12.5	18	65
Gender	0.52	0.50	0	1
Marital Status	0.65	0.48	0	1
Education	12.8	2.1	9	16
Income	45000	15000	20000	80000
Health Status	0.78	0.41	0	1
Exercise Frequency	2.5	1.5	0	5
Stress Level	3.2	1.8	1	5
Sleep Quality	4.1	1.2	2	5
Dietary Habits	3.8	1.4	2	5
Work-Life Balance	3.5	1.6	2	5
Overall Well-being	4.3	1.1	3	5

Abstract of the Invention

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